

II. Other objects.—*a.* Strengthening, and developing the body, games of ball and other gymnastic exercises.—*b.* Improving the faculties of the mind,—chess, riddles, etc.—*c.* Seeking for gain,—cards and all games of chance.

III. In what kinds we should engage.—Those which strengthen the body are best for persons whose occupation is mental or sedentary,—students, teachers, and others engaged in professional pursuits. Those which strengthen the mind are best for one whose daily occupation is chiefly of the body. *No one* should engage in vicious plays intended for gain: that would be gambling, and sure to end in the ruin of both mind and body.

IV. Proper time for play.—After finishing our regular occupation, when the overtaxed mind or body needs rest or relaxation.

V. Conduct during play.—*a.* Peaceable, joyous.—*b.* No boasting, or very loud talking.—*c.* Most important rule, —**AVOID ANGER.**

23.—Health.

I. Definition.—That state of mind and body in which all their parts are in proper order; that is, the natural state.

II. The greatest of earthly blessings; for—*a.* Only those who are healthy can enjoy life.—*b.* Without it, man can do no good for himself or others.

III. Duties of those who are in good health.—*a.* To be thankful to God for their health.—*b.* To use it in the service of God, for their own good, and for the good of others.—*c.* To preserve it, 1st by temperance, 2nd by labor and exercise, and 3rd by cleanliness.

IV. Duties of the sick.—*a.* To suffer patiently, and receive their sickness from the hand of God.—*b.* To recover their health, if in their power.—*c.* To submit to the requirements of the physician.—*d.* To be calm, keep mind and body free from all unnecessary agitation.